

For More Information, Contact:

Virginia Department for the Aging

1610 Forest Avenue, Suite 100

Richmond, VA 23229

Toll-free: 1-800-552-3402

Richmond: 804-662-9333

E-mail: aging@vda.virginia.gov

Web Site: www.vda.virginia.gov



Virginia Department of Agriculture and Consumer Services

Division of Marketing

1100 Bank Street, Room 908

Richmond, VA 23219

Richmond: 804-786-2112

Web Site: www.vdacs.virginia.gov



Information on locally- grown Virginia produce

Web Site: www.viriniagrown.com



United States Department of Agriculture Food and Nutrition Services

3101 Park Center Drive

Alexandria, Virginia 22302

Web Site: www.fns.usda.gov/wic/

SeniorFMNP/SFMNPmenu.htm



Farm Market Fresh For Seniors



Virginia's Senior Farmers Market Nutrition Program



What is Farm Market Fresh For Seniors?

Virginia's Farm Market Fresh for Seniors program helps seniors get free, locally-grown fresh fruits, vegetables and cut herbs available during the growing season.



How does Farm Market Fresh for Seniors Work?

- You are eligible to participate in the program if you meet the criteria outlined below and if you enroll during the PRE-ENROLLMENT period. Participation is on a FIRST-COME, FIRST-SERVED basis, and the number of people who can enroll is limited. **Not all regions within a service area are eligible to participate in the program, so contact your local Area Agency on Aging (AAA) for more information.**
- Once you are enrolled, you will receive your Farm Market Fresh for Seniors coupons. Each coupon is worth \$5.00. Individuals enrolled in the program will receive \$40.00 worth of coupons. Enrolled couples will receive \$65.00 worth of coupons.
- Each \$5.00 coupon may be used to purchase fresh, locally-grown fruits, vegetables and cut herbs from participating certified retail farmers market vendors. You will not receive change back on your purchase when you use a Farm Market Fresh for Seniors coupon.
- Certified retail farmers market vendors will exchange coupons for fresh fruits and vegetables in-season, depending on the season and the food items available for the farmer to exchange.

Why should I participate in the “Farm Market Fresh for Seniors” program?

- To get FRESH, TASTY and NUTRITIOUS locally-grown fruits, vegetables and cut herbs at no cost to you.
- To get 5 or more daily servings of tasty fruits and vegetables for better health.
- To support the farmers in your region.



Do I qualify?

If all of the statements shown below are true, then you qualify to participate.

- Your region participates in the program (call your local Area Agency on Aging to find out if your region participates.)
- You are 60 years of age or older.
- You are a Virginia resident.
- You do not live in the same household as the farmer who grows the produce.
- You are not an immediate family member of the farmer who grows the produce.
- You meet the program’s income requirements.



How do I sign up?

Call your local Area Agency on Aging (AAA - see the list shown below.) If you qualify, sign up as quickly as possible, as participation is **LIMITED**.

For Southwest Virginia, call:

Appalachian Agency for Senior Citizens, Inc.
216 College Ridge Rd., Wardell Ind. Park
Cedar Bluff, VA 24609-0765

1-800-656-2272 or
276-964-4915

If you live in
Russell or Tazewell
counties.

OR

District Three Senior Services
4453 Lee Highway
Marion, VA 24354-4269

1-866-820-2646 or
276-783-8158

If you live in
Bland, Carroll,
Grayson, Smyth,
Washington or
Wythe counties, or
the cities of Bristol
or Galax.

For Arlington County, call:

Arlington Agency on Aging
3033 Wilson Blvd., Suite 700-B
Arlington, VA 22201

703-228-1700

For Southeastern Virginia, call:

Senior Services of Southeastern Virginia
6350 Center Drive, Bldg. 5, Suite 101
Norfolk, VA 23502-410

757-461-9481

For Eastern Shore of Virginia, call:

**Eastern Shore Area Agency on Aging-
Community Action Agency, Inc.**
49 Market Street
Onancock, VA 23417-0008

757-787-3532

For Shenandoah Valley, call:

Valley Program for Aging Services, Inc.
325 Pine Avenue
Waynesboro, VA 22980-0603

1-800-868-8727 or
540-949-7141

For Southern Virginia, call:

Southern Area Agency on Aging, Inc.
433 Commonwealth Boulevard E, Suite A
Martinsville, VA 24112-2020

1-800-468-4571 or
276-632-6442



The Virginia Farm Market Fresh for Seniors Program is funded through a grant from the USDA and locally sponsored by the Virginia Department for the Aging and the Virginia Department of Agriculture and Consumer Services in partnership with the Virginia Department of Health Cardio-vascular Health Program.

What’s in season?

These are typical fruits and vegetables that may be found at Virginia’s retail farmers markets in a normal season. The varieties, volume and quality of available produce may vary depending on the weather and other factors. Farm Market Fresh coupons may be used only for these typical, locally-produced fresh fruits, vegetables and cut herbs.

VEGETABLES

Broccoli
Cabbage
Cucumbers
Eggplant
Greens
Green beans
Green peppers
Lima beans
Pumpkins
Potatoes - Irish or round white
Snap beans
Spinach
Squash -fall, winter or summer
Sweet corn
Sweet potatoes

FRUITS

Apples
Blackberries
Cantaloupe
Nectarines
Peaches
Pears
Strawberries
Tomatoes
Watermelons

OTHER PRODUCE

Fresh cut herbs